

Isometric Instructions:

Part 1:

Measure the length from your shoulder to your elbow using the tape measure provided. You will also need to measure the length from your elbow to your hand where you grip the handle. Make a sketch of the bicep force set-up including the angle of the load cell, the strap, and the position of the students arm.

Part 2:

1. Sit at edge of the bench so that upper arm lays flat on the surface of the benchtop.
2. Place feet underneath the chair. This will prevent you from using your legs.
3. Grab handle attached to the load cell.
4. Adjust position of your elbow so that your arm is at a 165 degree angle (fully extended arm is 180 degrees).
5. Use a protractor to measure arm angle and the angle of the load cell.
6. Use the tape measure to measure the strap length and height from the point where your hand grips the handle to the benchtop.
7. Pull on load cell, have your partner confirm arm angle and record the maximum load achieved.
8. Repeat for arm angles 140 to 45 degrees by adjusting elbow position forward. Measure the new height of the grip point for each position.